

Two Minutes of Optimism

By HERMAN J. STICHT

Check Yourself or Wreck Yourself

ASKED how a man could live for a century and continue hale, hearty and alert, a hundred-years-young sage once counseled:
"Moderation in all things."
Is not the difference between the tempestuous, short-lived savage and the civilized, civilized citizen in this—moderation?
The entire life of a man is a continual and continuous performance of "I want what I want when I want it."
When the savage is hungry, he gorges. When he is angry, he kills. He never knows when he has had enough. He does not know when to stop.

The savage dies daily and he ends his nights prematurely. Our whole ascent from savagery has been nothing more or less than a process of practicing "moderation in all things"—which means harnessing our instincts and our impulses—rather than letting them dominate.

Instincts and impulses are the great safety valves and life preservers of humanity.

But when they are permitted to dictate instead of indicate—then they become millstones and undercuts about humanity's neck, dragging us down into the dirt.

An instinct is a great, big, powerful, pulsating engine—productive, creative, beneficent when controlled—but destructive, degrading, often than not deadly when unleashed.

So dangerous to the common welfare is the tyranny of instincts and impulses that laws are passed to inhibit and contain them, and all kinds of punishments have been devised by nature and humans to frighten people off from indiscreetly indulging them.

No Spartan ever stood guard more faithfully and more incessantly than we must against these archdevils and exars—give an instinct an inch and it invariably takes its full span.

Anger, hunger, obstinacy, acquisitiveness, pugnacity, pride, self-preservation, passion—these and all our other instincts and impulses were intended to help a man grow, become and climb.

But when they are allowed to drive, to ride; when a man falls or refuses to observe the relative importance of things, to keep the proportions—then does he not only deprive himself of the potency of his greatest endowments, but he courts inferiority, perversion, degeneracy and perhaps untimely, ignominious death.

The most eloquent word in the Anglo-Saxon lexicon is "sufficiency."
The world turns the cold shoulder to the tothead—check yourself or wreck yourself.

DREAMLAND ADVENTURES

FIGHTING THE SNOW
By DADDY

Chapter IV
SHIVERS AND SHAKES
BLUE JAY was met with rough threats when he went to ask the crows to join in the fight. "Caw! caw! Fly back to Birdland and we will peck you to pieces and eat you for supper," croaked the crows. The leader of the crows band, as soon as Blue Jay drew near the flying flock. "Caw! caw! That's true," he finally screamed. "The snow covers the ground, and you do not want winter to come any more, do you? Caw-caw! Crows loved up his flight and thought that over for a moment. "Caw! caw! That's true," he finally groaned. "The snow spreads a white blanket over our food and we can neither see nor eat it. We are going to stop the snow!" "You can help us catch the flakes and eat them," screamed Blue Jay. "Hurry to Birdland!" "Caw! caw! We will help you!" croaked all the crows, and they sped after Blue Jay to Birdland, where all the birds and animals were to stop the snow flakes as fast as they could. "Who-oo! who-oo!" You will get the stomach ache, too!" hooted Judge Owl. "Who-oo! who-oo!" he had said that so often no one paid any attention to him.

him, for Bushy-Tail Squirrel was shivering and shaking and groaning. And so were all the other squirrels, and the other rabbits and the chipmunks and the sparrows and the crows. "Jimmie, what's the matter with them all?" cried Billy. "They've got the stomach ache! who! who! I told them what the cold snow would do!" hooted Judge Owl. "Oh, we must help them or they will freeze up inside and die," exclaimed Peggy.

How Peggy and Billy and Judge Owl helped cure the stomach ache of the birds and animals will be told tomorrow.

My experience with hemstitching places may be unique, but at least it

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The Question Corner

Today's Inquiries

1. What woman is said to carry the largest life insurance of any woman in the world?
2. How can a man's striped shirt be used after it has worn out just below the collar band and above the cuffs?
3. In what inexpensive way can "new" plush curtains be made when the old ones are faded and shabby?
4. Describe a novel toothbrush that can easily be cleaned.
5. What convenient case would make an acceptable gift for the man who travels a great deal?
6. In what novel way is a surprise blouse fastened at the side of the waist?

Yesterday's Answers

1. A simple device that prevents milk from boiling over is a metal disc, fastened with a chain to the edge of the pan which bounces on top of the bubbles and distributes the heat more evenly over the surface.
2. The "nest" who does her own housework can save time and trouble at an informal party by serving her refreshments in paper plates and cups, with paper napkins.
3. A separate silk skirt has a novel band of wide flannel which is wound around the bottom with flowers and leaves stitched sketchily on it with contrasting wool.
4. A pleasing gift box for the little mother of dolls who makes all their own hats herself is filled with cards of straw, tulle, ribbon and other millinery necessities.
5. In painting a china plate by hand place it on the disc of the phonograph, turn on the power, and hold the brush steadily so that an even line of paint is traced around the edge of the dish.
6. A novel trimming for a velvet or velveteen hat is made by gathering a circle of purple velvet around a ball of cotton, attaching it with others to a velvet stem and calling the result a bunch of grapes.

BUY YOUR MEATS WHOLESALE

Rump Roast 20c
Butcher Roast 20c
Chuck Roast 20c

Hamburg Steak
Shoulder Veal
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FOUR POUNDS REAL SHARP CHEESE, 95c

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Your Soul's in Your Hand

By IRVING R. BACON



LINE OF APOLLO
A—Bene from the Head line, or lower, toward the Ring finger. If there is a single line it shows power of concentration and great success. If there are more lines, a scattering of talents.

LXI
If a person of the artistic Apollonian type has a single, deep, clearly defined vertical line below the ring finger (finger of Apollo), it indicates that he has a strong power of concentration. He will most likely stick to the one thing for which he is best fitted and will attain to success in it.

If there are two or more vertical lines, the indication is that the person has a large diversity of talents, as there are lines of Apollo and that he will scatter his attention among them. As a result, people with this marking are not likely to be successful. They are "jacks of all trades, masters of none."

With a strong will phalanx of the thumb and a good hand line these people may overcome their propensity to keep "too many irons in the fire." But if they have weak thumbs and a poor hand line, or head line, they will never go far toward the Mount of Luna (see Article X and LXVII), they will hardly ever be able to concentrate on one thing long enough to make a success of it. They are self-doomed to failure.

(To be continued)

has proved unfortunate. For I generally have had to climb two or three flights of stairs, and then almost get in line to be waited on. But now I have located a shop right in the very center of town, in the shopping district, where it is possible to get polite, intelligent attention almost the minute I step inside, and the work is thoroughly satisfactory. It is a great comfort to run into such a conveniently located first-floor department with the gifts I am making, and which require hemstitching. I want you to know about this shop, too.

Did you know that you can buy tiny little aprons, play aprons, made of rubber, and covered with a neat checked material? They cost only fifty cents, and should, I think, prove a joy to the mother whose small child delights in making soap bubbles or doing the many things that children can do with complete denouement of little frocks and rompers. These aprons practically cover the entire front of a garment.

For names of shops address Woman's Page Editor or overcoat, Opp. St. James Hotel

The Woman's Exchange

To a Constant Reader
Whose letter in reference to a paralytic child appeared in the paper last Saturday; if you will send in your name and address which was not kept on file after the letter was answered, a letter which came in to the paper for you in reference to this matter will be forwarded to you.

Social Service
To the Editor of Woman's Page:
Dear Madam—Would you kindly print the names and addresses of any social service organizations in Philadelphia?
M. E. F.

There are too many organizations of this sort for me to be able to put all of the names and addresses in the column, but here are several of the largest ones: The Society for Organizing Charity, 419 South Fifteenth street; the Union Benevolent Association, 718 Spruce street; the Protestant Episcopal City Mission, 225 South Third street; and the Home Missionary Society, 522 Arch street.

Toys for Christmas
To the Editor of Woman's Page:
Dear Madam—I am writing these few lines to you to ask you to kindly print them in your column of the paper. I wanted to ask some of your kind readers if they have any old used toys they would like to give to my little children for Christmas. I have six little children, ages from three years to thirteen, and that is as much as I can do. My husband is in poor health. I would be very willing to pay a small sum for them, but I cannot afford to buy anything new. I would be so very grateful for any thing at all. I can give you good references as regards my worthiness from my place of employment, for they know just how hard I do have to work every day to help feed and clothe them, and that is as much as I can do. I hope you will pardon me if I have asked too much of you. I wish you and all the readers of your column a very happy Christmas and a very Prosperous New Year to the Everlasting. Please write to me at the address given below. A MOTHER.

I don't believe it will be necessary to say anything about this letter, except that the name and address is on file for all those who want to send some toys. Thank you very much, Mrs. B., for your Christmas wish. I hope that your own Christmas may be a happy one.

Telephone, Spruce 2958

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Reductions—Extraordinary

ENTIRE STOCK
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is characterized by a restrained chic and richness expressive of the best taste.

PLEASE NOTE: We have no connection with any other house bearing the name "Wenger."
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New SHOE Prices for Kiddies take effect at Dalsimer's Immediately

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Children's Button Shoes \$3.45 Black Calf Welt

Formerly Sold at \$7

Sizes 8 1/4 to 8—leather or cloth tops—made by the best shoemakers in the U. S. to Dalsimer specifications of quality.

A Growing Girl's Special!
Dark tan calf—gun metal, cloth tops—patent coil, cloth tops—sizes 3 1/4 to 7—made by the name of Dalsimer fully guaranteed.
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1204-06-08 Market Street

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When we first announced our \$8,500,000.00 Sale, many folks probably thought that such a vast quantity of merchandise would last us for a long time. Here's the answer—from November 1st up to the closing hour last Saturday night

\$9,539,560.78

worth of merchandise was sold over our counters! Such a rapid "turnover" is the best guarantee to our customers of fresh goods all the time. At our bargain prices, the goods do not remain on our shelves long enough to grow "stale." A good habit for a woman to form is to do all her grocery shopping at the "Asco" Stores.

NOTICE TO PRODUCERS

The figures at the top of this article will give you an idea of the tremendous power of our Producer-to-Consumer Plan. We appreciate the co-operation of those of you who have joined us in our movement to bring down the cost of living. We are still open to do business with those who have been holding back. If your merchandise is thoroughly fresh and of unquestioned high quality, we are willing to pay you spot cash for it, provided you are willing to allow us lower prices so that we may pass the saving on to our customers. We have made a good start—let's keep up the good work. Get together with us! If you've got the merchandise—our cash is here waiting for you.

No Matter What You Pay

You can pay 75c or 80c per lb but you can't buy better than "Louella." Try a pound today and if you don't agree with us, we'll refund your money.

Louella Butter lb 63c

"Taste it!"

Richland Butter lb 58c

A pure creamery print butter.

Best Laundry Starch lb 8c	"Asco" FLOUR pkg 14c	"Asco" SYRUP can 12 1/2c
Mixed CORNED Beef can 15c	PANCAKE Flour pkg 14c	TABLE SYRUP can 12 1/2c
Dried Beans & Peas	Snowdrift Shortening can 23c	Asco Farina pkg 10c
Best Soup Beanslb 7c	One of the best shortenings made	Fancy Evap. Fruits
Narrow Fat Beanslb 12c	FRESH FRUITS	"Sunweet" Prunes, 17-23-25c
Best Lima Beanslb 12c	Nothing but Apples lbs 15c	California Apricotslb 25c
Best Kidney Beanslb 14c	SWIFT ORANGES	Fancy Peacheslb 25c
Dried Green Peaslb 9c	40s 25c 33c 38c 50c	Seeded Raisinspkg 25c
Yellow Split Peaslb 9c	Thin-skin Grapefruit	Best Currantspkg 25c
"Teco" Pancake Flourpkg 7c	7c 9c 12c	Seedless Raisinspkg 25c
"Asco" Rolled Oatspkg 10c	The choicest fruit grows at the very lowest price possible.	"Asco" Pork and Beanscan 10c
		Best Corn Meallb 4c

Everyone Likes GOOD Coffee

But usually it is necessary to pay 40c, 45c or 50c per lb. to get good coffee. By our Producer-to-Consumer Plan, however, which eliminates the "middlemen's" profits, we are able to give you this high-grade coffee at 29c per lb. To pay more is unnecessary, to pay less means getting "ordinary" coffee.

"Asco" Coffee lb 29c

"Taste the difference!"

"Asco" Blend Teas lb 45c

Plain Black, Mixed, Old Country Style, India Ceylon and Orange Pekoe.

One Reason Why

The "Victor" Loaf is so deliciously different is that, instead of skimmed milk, we use whole milk, with all the rich nourishment of the cream retained. Try a loaf today.

Victor BREAD 8c

The Same Good, Big Loaf, now

Victor Vienna Loaf Baked 8c	Victor Raisin Bread loaf 12c
Real bread—every slice of it.	With seedless raisins.

Our Reg. 13c Pure Jelly can 10c Glass	Best White Potatoes 1/2 bu (30 lbs) 70c
Big assortment of flavors. Quality very fine.	1/4 pk (7 1/2 lbs), 20c; 1/4 pk (3 1/2 lbs), 10c
	Big dry mealy potatoes. Get by and surprise the folks with some "French Fries" for a change!

These Prices in All Our 176 Sanitary Meat Markets

11—Wonderful Bargains!—11

Below we show you the difference between the prices of meats during the past year and the prices of today. Please bear in mind that our meats are the highest grade and our prices the lowest possible, and we guarantee 10 cents to every pound.

18c a lb reduction!

Lean Boneless Breakfast Bacon lb 27c

This is a box-cured Bacon, mild, sweet and full of nutrition. Buy it by the whole or half piece.

10c a lb reduction!	33c a lb reduction!
FRESH Pork Shoulders lb 20c	All Round Steaks lb 30c
Small, lean, cut picnic style.	and Round Steaks lb 30c
12c a lb reduction!	15c a lb reduction!
Clean Sweet Beef Suet lb 8c	Thick End Standing Rib Roast lb 22c
One of the essential articles needed for your pudding.	The finest quality to be had.
19c a lb reduction!	21c a lb reduction!
All Smoked Hams lb 29c	Little Roasting Hams lb 25c
Any size you wish, lean and best quality.	Pie
25c a lb reduction!	18c a lb reduction!
All Sirloin Steaks lb 35c	Whole Chuck Roasts lb 20c
None better.	
27c a lb reduction!	
City-Dressed Pork Chops or Roasts lb 25c	Best Cuts lb 30c
LARGE HEADS OF CABBAGE lb 1c	

There's an "Asco" Store near your home. They are located all over Philadelphia and throughout Pennsylvania, New Jersey, Delaware and Maryland.